

Mobility, Movement, and Music Toolkit: A Geriatric Scholar Project

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Purpose

The purpose of this presentation is to describe the implementation of a mobility and music protocol and toolkit to provide an innovative way to encourage and increase mobility.

Project AIM: We will be using staff mobility education, incorporating music and movement interventions, to increase staff mobility documentation by 25%, staff mobility confidence by 25% and patient mobility by 10%, on both the ACE Unit and HICU by July 2019.

Background

- Lack of mobility and functional decline are often cited as leading to poor outcomes for older patients. Barriers to mobility include:
 - Lack of staff confidence in safe mobility
 - Patient/family knowledge regarding the importance of mobility
 - Patient/family resources for safely mobilizing without nursing staff
- As a part of our Age-Friendly initiative journey, we recognized that mobility is one of the most difficult to hardwire within the 4Ms Framework. UAB Geriatric Scholars developed and implemented a mobility and music protocol and toolkit on two inpatient units.

References:

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Wald, H., Ramaswamy, R., Perskin, M. J., Roberts, L., Bogaisky, M., Suen, W., & Mikhailovich, A. (2018). The case for mobility assessment in hospitalized older adults: a white paper from the American Geriatrics Society. *Journal of the American Geriatrics Society*, 67(1), 11-16. doi: 10.1111/jgs.15595.

Institute for Healthcare Improvement (IHI). (2019). What is an Age-friendly health system? <http://www.ihii.org/Engage/Initiatives/Age-Friendly-Health-Systems/Pages/default.aspx>

Methods

Staff education and training was provided over a 2 week period on our ACE unit and HICU. We reviewed transfers, proper use of gait belts, and introduced a new mobility toolkit and resources detailed below:

The Toolkit:

The music toolkit provides an innovative and engaging way to discuss mobility with staff, patients, and their families.

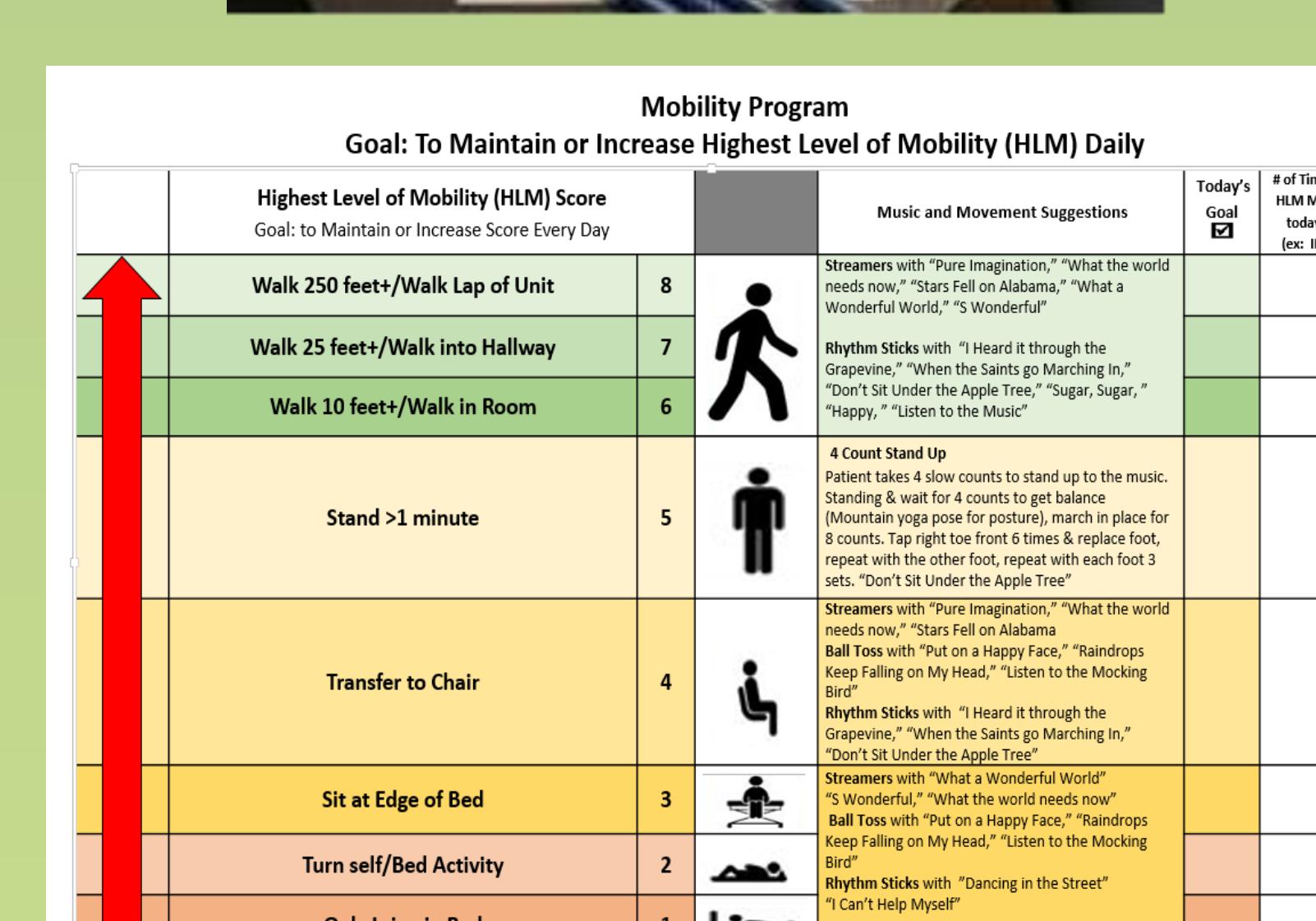
Toolkit items included:

- CD player
- CD with motivational songs
- Rhythm sticks
- Crepe paper to make disposable streamers
- Soft balls for tossing back and forth



The Mobility Scale:

- Laminated mobility scale with a section that provides movement and music suggestions for each mobility score
- Hung in the patient rooms for easy reference for staff



The Patient/Family Handout:

- For staff to provide to patients and family members
- Education on the importance and benefits of mobility
- Movement suggestions to do at home
- Included the songs to go along with each movement



Pre and post data was collected for the following metrics:

- Staff documentation of mobility scores
- Mobility level of patients
- Staff surveys

Discussion & Next Steps

Through the use of this toolkit, UAB Medicine patients' mobility goals can be met in a more fun and motivating way while also promoting unique independent safe mobilization.

Next steps include:

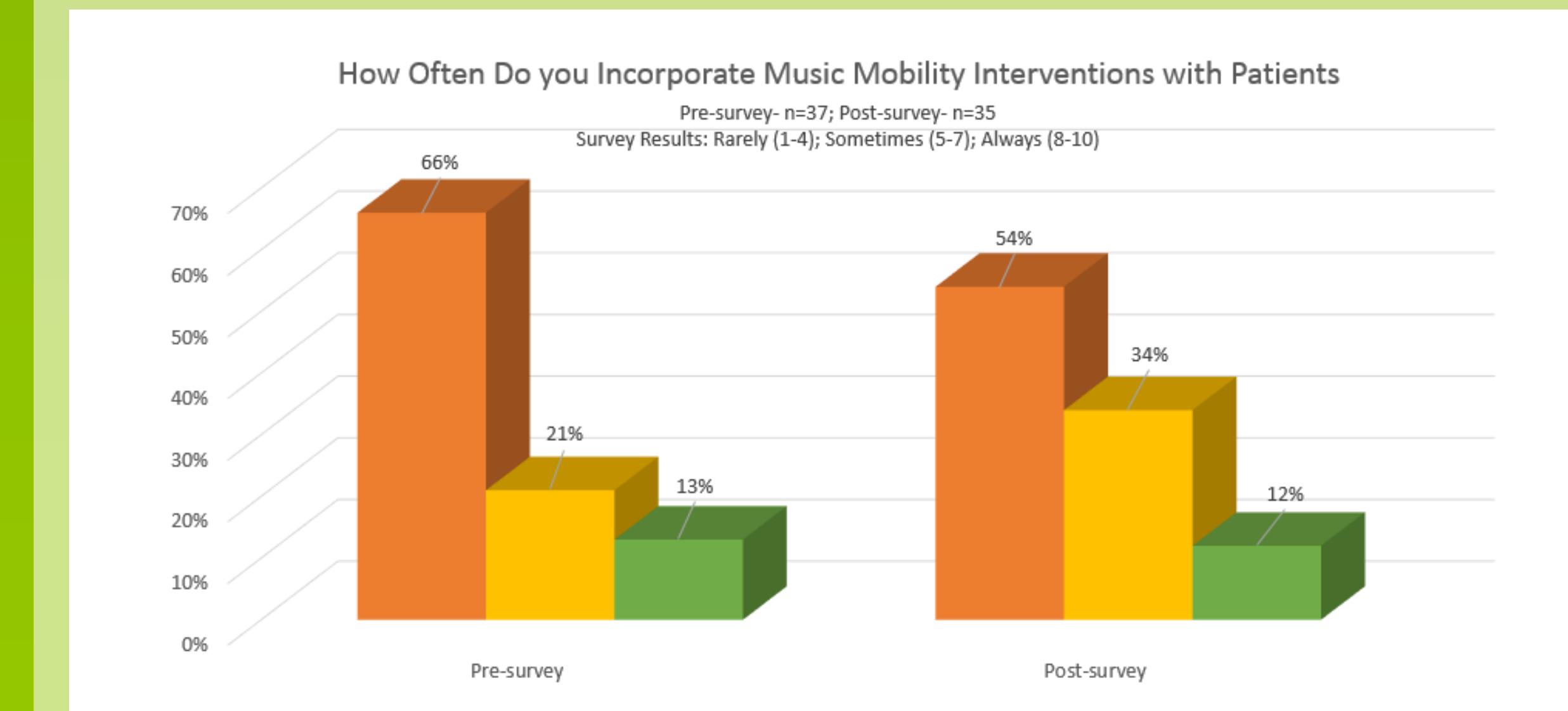
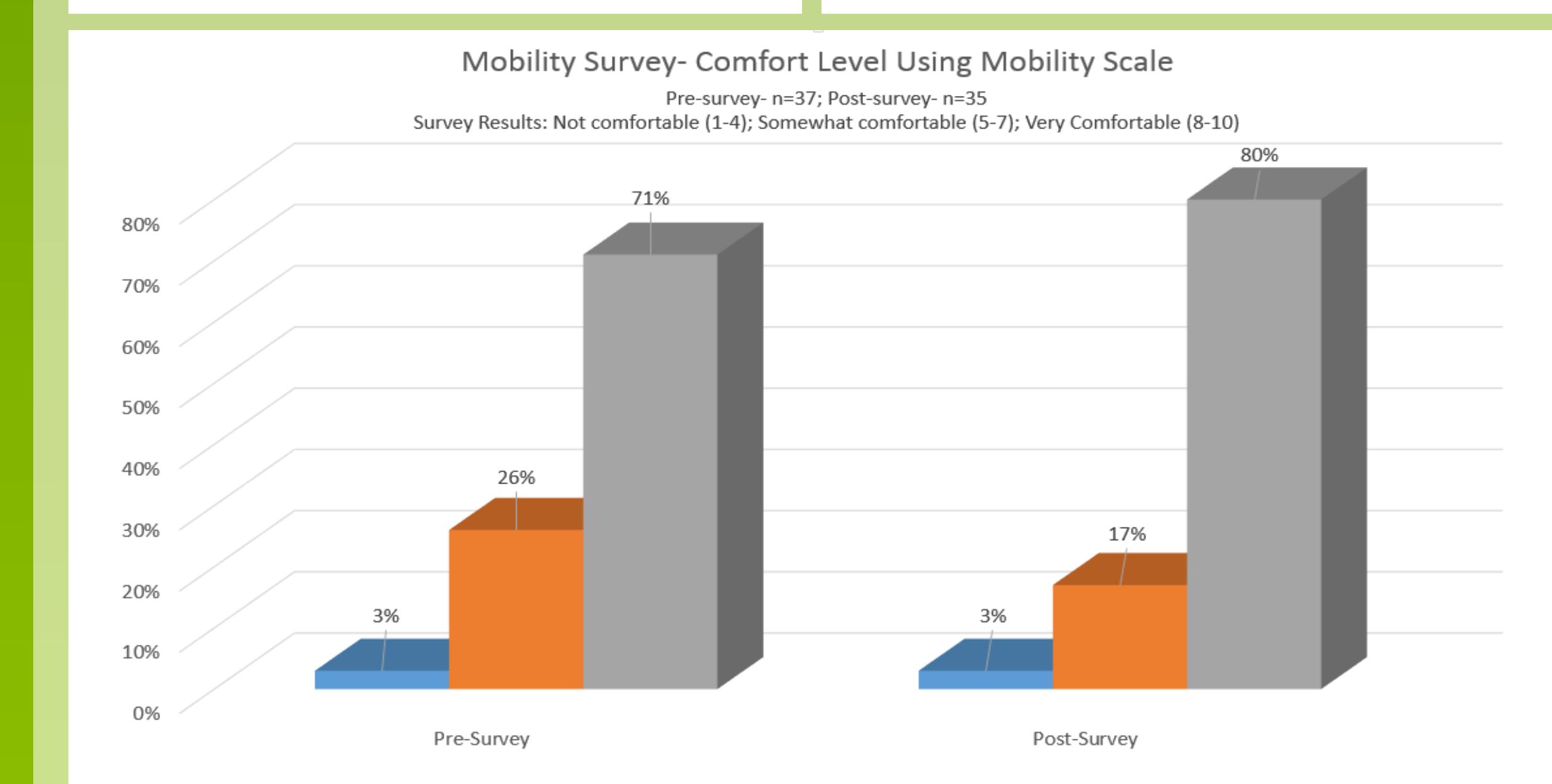
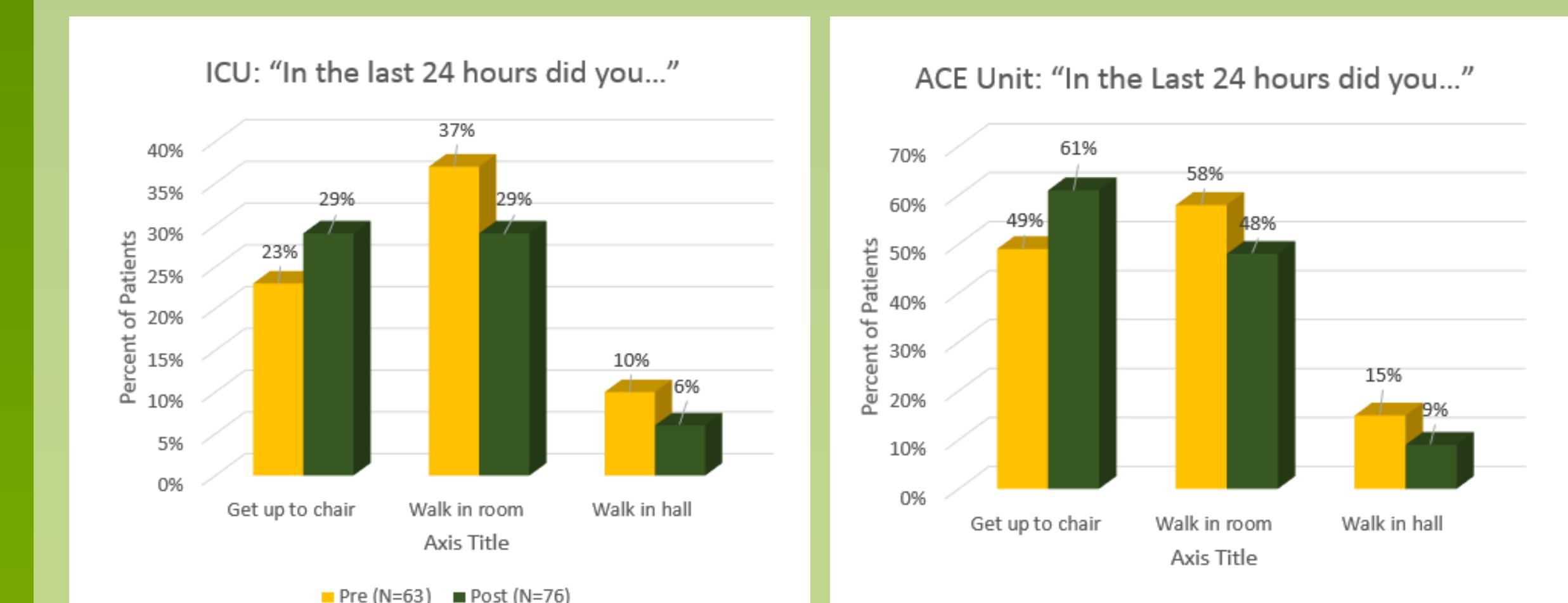
- Education sessions to train HELP Volunteers and therapy department on use of the toolkit
- Adding a mobility music channel to the hospital television system
- Measuring falls data for units using the toolkit

Results

- Mobility score documentation increased from 80% pre-implementation to 86% post-implementation.

- Of note, patients' baseline and current functioning were higher in the pre-implementation phase.

Mobility and Music Project- Patient Demographics		
Variable: N (%) or Mean ± SD	Pre (N=103)	Post (N=66)
Mean Katz Scores*		
Baseline	9.1 ± 4.1	7.6 ± 5.0
Most recent current	7.1 ± 4.5	6.2 ± 5.0



Survey Comments: What did you find most helpful about the mobility training?		
"Makes it fun."		
"Everyone likes music."		
"Encouraging the patient more as well as getting all staff involved!"		
"Music makes mobility more fun."		
"Different alternatives to improving mobility."		
"Improving mobility will improve patient outcomes, making moving fun is what can make a difference."		